

SMAC-20: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **10 and 23 October 2020** to coincide with World Mental Health Day and the European Week for Safety and Health. This year we are asking everyone to '**Re-engage with their own Health, Safety & Wellbeing**' and to do this, we are suggesting that everyone engages in a Conversation Starter initiative.

To help get the best out of the discussions we would suggest:

- Put Tools Down & Turn Phones Off
- Gather Colleagues and Find a Quiet Place
- Open Conversation Starter Pack
- Commence Conversation – We suggest 1 hour minimum
- Record Key Comments
- Agree set of Actions
- Implement Changes.

#StopMakeAChange



Stop.
Make a
Change.

Topics for discussion:

- Respiratory Health
- People Plant Interface
- Mental Health & Work Related Stress
- Cancer
- Access & Egress
- Electrical Installations
- Hand Injuries
- Lifting Operations incl MSDs
- Office Safety
- Risk Zones
- Slips, Trips & Falls
- Working at Height

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SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

Do you feel safe
working at height?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

How do you get up to
your working place
safely?



Stop.
Make a
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SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

**Do you ensure that
openings are closed
and secured against
sliding away?**

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

Have you received
instructions on how to
work with a harness belt?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

**Do you know if there are
resources available to be
able to rescue at height?**

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

When working at height, do you always make other people in the vicinity aware of what your task is, and that you may be working above them?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

How can we prevent access
to non-authorised persons?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

**Has anyone experienced
and accident while working
at height? If so, what effect
has this had upon you?**

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

How can you find out more information about the access equipment you use? How could the information be improved?

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WORKING AT HEIGHT

**What sort of injuries can
occur from the heights you
work from?**

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WORKING AT HEIGHT

**How is the type of access
equipment you use selected?
When? And by whom?**

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WORKING AT HEIGHT

Do you know of anyone who has been injured in a fall from height accident? What impact did it have on their life and their family's life?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

**What control measures do
you take before undertaking
work at height?**

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WORKING AT HEIGHT

When working at height it's
impossible to avoid risks.

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When colleagues use their materials wrongly (e.g. ladders or scaffolding) I would always step in.

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WORKING AT HEIGHT

Management has a
different perspective
on the rules concerning
working at height.

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**I sometimes take risks when
working at height because
I want to be loyal to the
company.**

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WORKING AT HEIGHT

I feel safe working at height.

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WORKING AT HEIGHT

What are the most important measures for you to prevent accidents while working at height?

SMAC-20 CONVERSATION STARTER:
WORKING AT HEIGHT

**What should be changed
at your current project or
working place in relation
to working at height?**